

Now deep thoughts ... with Conestoga College

Random questions answered by random students

If you were a super villain,
what would you do and why?



"I would power surge
pieces to destroy
technology. Yeah, use your
cellphones now!"

Emma Silverthorn,
second-year
business administration
- management

"I would build a giant robot
and go through a city just
for teenage purposes."

Dave Whelan,
third-year
marketing



"I would just sit like at
Tim Horton's."

Brandon Hall,
first-year
business administration
- financial planning

"I would force politicians
to go on trial and let
them sit. But do it only
with them."

Brandon Brown,
first-year
business administration
- financial planning



"I would let Betty White
Good people wouldn't let
Betty White"

AJ Brown,
first-year
advertising

"I would take away all the
popcorn and ketchup at the
world. A lot of people in our
class love that."

April McGill,
first-year
advertising



With Conestoga, you can't be correct regardless

Survivor Conestoga aids international students

BY JESSIE KOSLOWSKI

Survivor Conestoga is an annual event that allows new first-year students to meet and get to know other students at the school.

The main goal is about being safe, healthy and happy in a new place," said Natalie Mayan, an English as a second language (ESL) teacher at the college.

Mayan helped the International Department plan the event, which was held on Nov. 8 on the first floor of the Ewing.

Students in the program come from various countries, such as Saudi Arabia and China, and need to get used to the Canadian lifestyle while others have been here for years. These things are done completely different in their countries.

Mayan said, "Most of the students are not aware of their cultural rights and responsibilities as Canadians."

Kath Martin, a member of Conestoga Survivors who along with Mayan presented the safe relationship program during Survivor, said, "International students are sometimes taken advantage

of because they don't know how to act in different situations."

The three-hour event was designed to answer any uncertainties students had regarding various aspects of life at Conestoga outside of school.

There were seven different stations displaying helpful advice. They included drugs and alcohol awareness, safe relationship tips, healthy nutrition, healthy sexuality safety and security, student life and healthy ways to deal stress.

Each station had a guest speaker who shared passion on all the topics and presented how they and their staff work through problems typically dealt with as Conestoga students. There were even demonstrations for some of the presenters.

Michael Howard, a level-two ESL student, said, "I liked that we got to try different theories of ourselves in the healthy nutrition presentation."

Mayan said hopefully a lot of the students who attend that will change their eating more healthy and cheap options for

meals.

All the ESL students were divided into four groups and they visited every 15 minutes from station to station to see all of the presentations.

Other presentations included tips to protect yourself during an attack and various techniques used to relax the mind and body.

The parental students in another room in the hallway was one of the four main stations the most students.

Mohammed Thompson, a level-two ESL student, said, "I liked that we got to relax. We had to close our eyes and think happy thoughts."

More than 50 free games were given out at the end of the event.

"I was a teacher. Now I can have a good breakfast before school," Thompson said.

Other prizes included new notebooks, coffee mugs, sweat shirts, school supplies and gift cards.

"Helping from the moment of entry and the moment from the students, I would say it (Survivor) was very well received," Martin said.



PHOTO BY JESSIE KOSLOWSKI

Conestoga ESL students try to focus, identify during the interactive session offered as part of Survivor Conestoga in the Ewing hallway on Nov. 8.

PACKing a punch

Conestoga students place fourth at 2012 expo

BY JACOBIA OTTOMER

Conestoga students placed fourth in this year's PACK Expo 2012 that was held in Chicago, Ill. on Oct. 30.

Isabella O'Connor Wang and Erik Westerveld, both third-year students in Conestoga's mechanical engineering technology – robotics and automation program, spent from mid-September until the competition designing a potato chip packaging line to be entered into the contest.

The students' objective was to design a potato chip bagging line for four flavors and three different sized bags. The entry included obtaining and selecting equipment from machinery suppliers as well as making a schedule for the company that would take the line.

The Packaging Machinery Manufacturers' Institute (PMMI) ran the contest, with the top three groups receiving scholarships. Westerveld and Wang's was a \$1,000 scholarship, second was a \$1,000 scholarship and third place received a \$1,000 scholarship. O'Connor Wang and Westerveld were approached by staff at Conestoga's Institute of Food Packaging Technology (IFPT) about representing the school at the expo.

"They weren't sure that the students in their contest program would actually have the ability to make that line (because they are in their first semester) in the State University," said the coordinator of robotics and automation, thought that might be able to do it," O'Connor Wang said.

The pair placed fourth out of the seven schools in the competition, all of the other schools were U.S. universities.

O'Connor Wang said, "We were pretty pleased with how it went out in the end because we started the entire project not knowing anything about packaging lines, we were watching the *It's a Wonderful Life* movie and thought like that, and at the end of it we were so proud that we managed to beat those universities whose students go to school just for this. To sit there and put all our hard work into this and come out with fourth was impressive, especially being a small school."

The pair's design began

with chips being fed in from the flyer and moved through selected machinery to a finished product of packaged bags at the end. The quote was supplied by Tom Black, Schneider Packaging Equipment, IFPT and Wang.

"We spent to run a flowchart a day with our report for per week," O'Connor Wang said.

According to www.pmma.org, the PMMI is a trade association with nearly 600 member companies that manufacture packaging processing and packaging-related converting machinery.

The pair said they created the design after viewing a lot of online chip packaging lines and by touring the IFPT facilities at the Cambridge campus.

"It was all done on paper basically, so we had to come up with what equipment we would be using for the production line, and then we had to convert those companies to get information on it, and also what sizes for it," Westerveld said.

Berry Bessmer, an IFPT pilot plant technologist at the Cambridge campus and a chocolate production line setting it was to be at the expo this year.

"It was my second PACK Expo and having the site design with an added energy and a new perspective to the show. The show is vast, there were literally thousands of equipment suppliers to the industry, and the first-hand opportunity to experience just how big the food processing industry is through their eyes was amazing," Bessmer said. He said placing fourth was an obvious victory.

"The proposal was sound, detailed and perfectly presented. Their other students showed an obvious bias for their process (robotics), which may have cost them a few points," Bessmer said.

Black's notes, the program



FROM LEFT: Erik Westerveld and Isabella O'Connor Wang pose with their potato chip bagging line display at PACK Expo 2012. They placed fourth at the event, which was held in Chicago, Ill., on Oct. 30.

Students Erik Westerveld and Isabella O'Connor Wang pose with their potato chip bagging line display at PACK Expo 2012. They placed fourth at the event, which was held in Chicago, Ill., on Oct. 30.

manager for the IFPT and the other staff member who went to this year's PACK Expo, said a prize time was held by it.

"It was the first time we participated in PACK Expo which is the largest trade show for packaging equipment manufacturers in North America, and one of the largest in the world. We were part of the Education Pavilion sponsored by IFPT and we shared the space with universities from the United States that have a packaging engineering program as part of their academic offering. We had an opportunity to promote Conestoga College and the School of Engineering in packaging industry representatives (equipment manufacturers, packaging manufacturers as well as food industry companies)," Bessmer said.

"The students had an opportunity to interact with industry members in a real-life environment, make contacts that could support them in their future careers and observe first-hand the most advanced technologies on display."

Acne + Accutane

Inflammatory Bowel Disease?

Amnora, a drug used for patients with severe acne, has been associated with causing Inflammatory Bowel Disease, Crohn's Disease and Colitis.

Logan & Associates LLP and Houston Perini LLP have joined forces to accept clients who have been diagnosed with Inflammatory Bowel Disease, Crohn's Disease or Colitis, as a result of their experience with Accutane or its generic equivalent.

Contact us for a free consultation
1-888-657-0447 or info@loganperini.com

Presented by us online
spokeonline.com

LEGATE
LEGATE

HP
Hewlett-Packard

spoke videos

On Spoke Online (www.spokeonline.com) this week:

- Went up to winter with the St. Jacobs Sparkies event
- Season Close comes to town, taking part in Conestoga's annual parade
- See how the Kitchener Shredder is giving back to local schools
- Experience Cultural Diversity Week at Conestoga

Reading makes you smarter and reduces stress

Growing up we're told by parents, grandparents and teachers that reading is important, that it improves our minds. I think to this day and age reading is more important than ever.

However, I don't feel that entire kids and teenagers in this day and age are reading. Their cellphones and social media websites. Reading is the last thing on their minds. I think it's very important that parents teach their kids how to



Kelsey Hocking
Opinion

very reading to read the best stuff that came from it. Anne K. Cunningham, an assistant professor at the University of California, wrote a paper called *Reading Time for the Third*

During her research she found that reading in general makes you smarter and keeps your mind sharp as you age. It also improves your analytical skills, making being able to spot plot some faster.

There aren't the only benefits though. Reading also allows reading can also reduce stress. When people read, whether it be fiction or non-fiction, their mind shifts into a different point as they aren't focused on

what's stressing them, but rather what is going on in the book.

One of the most obvious ways reading helps us is by making our vocabulary. Reading forces us to focus on words we might not have even heard of before. If someone wants to be a writer, increasing your vocabulary is crucial.

Reading can also be fun. If you're interested in a fiction book you can use your imagination to picture what

the characters and scenes look like. For each book you read, you live in a world much different than our own.

American screenwriter and author, George H. Martin, once said, "A reader lives a thousand lives before he dies. The man who never reads lives only one."

That quote is from one of Martin's books, *A Reader Walks Down the Long Street of Story of the Mind and Time*, and couldn't be more true.

We've lost the meaning of Christmas

As I walked through the mall, newly purchased cellphones comfortably in my pocket, I noticed just how few people were actually shopping that night. My task was easy—I went in, I bought what I wanted and I got the hell out. And this described in a nation that will grow increasingly rare as the money-driven spectacle that is Christmas approaches.

The decorations, trees and even wrapping paper are all becoming a competition, prompting families to have the most nicely decorated house, the biggest Christmas tree and the most personally wrapped presents.

Don't get me wrong. I have nothing against Christmas—not when Christmas is supposed to be, anyway. But more and more each year, the meaning of Christmas is lost, replaced and driven by the force of money.

The reason that need to be about goodwill and holiday spirit is becoming nothing more than a theory of consciousness.

The malls flood with angry customers looking for the best deals, customers who are bent into the stores with promises of sales and money prizes, all so they can show their loved ones how much they care.

People are put under immense pressure to find the perfect gifts, and usually those don't come cheap. Gift pieces usually don't even factor in the purchasing decisions—parents will scramble to get their kids the hottest toys and girlfriends will buy their girlfriends expensive jewelry just to make sure they don't disappoint their important someone.

Stores take full advantage of the Christmas mania. Flashy themes of music and attractive window displays are used to attract customers in and into spending for the month of their loved ones. Money can possibly be how become almost obligatory,



Dylan Edwards
Opinion

But is that really what Christmas is about? Is Christmas best manipulated by the notion of giving gifts? Really, that is what it has become.

It is now a consumer holiday, with companies capitalizing on needy consumers to make massive profits in a season that isn't supposed to be about spiritual worth.

We have forgotten what Christmas is actually about. It is about, at its heart, need to be about, Christianity celebrating the birth of Jesus Christ, and while not always followed and celebrated for its sheer religious value, it has always been a time for the gathering of families.

Christmas is an opportunity to visit with those close to us and to extend from any busy jobs and lives. It should be a chance to reconnect with loved ones and celebrate how privileged we are.

I've had inspiration from taking into the children of Christmas longhouses. As a child I would wake up Christmas morning thinking of nothing other than heartlessly tearing the wrapping paper off my presents or I could see the treasures that lay hidden beneath their shiny surface.

And there's nothing wrong with children being excited by the sheer idea of Christmas. But we, as a society, must take a step back and try to recall the true and true of Christmas into future generations, family and together, must go beyond it and with the present.

The spirit of Christmas has for a long time been diminished. It's up to us to make sure that we don't lose it entirely.

STANDING IN SILENCE TO PAY RESPECT



PHOTO BY STEPHANE LAFRANCE

Chief Marlon of the Royal Canadian Mounted Police stands silent at the ceremony of the Corps of Footbricks and Quin plants in Richmond. Marlon stood his post throughout the entire Remembrance Day ceremony on Nov. 11.

Tuesday Nov. 27

STASH BASH

comedy show

Featuring:

PRIZES AND
PHOTOS FOR

**BEST
STASH**



Jada
Telesewicz



Jennifer
Grant

Matt
O'Brien



CONESTOGA
STUDENTS INC

Doon Campus
Sanctuary @ noon

The veggie lifestyle has many benefits

1000

In today's world, the majority of people eat a meat-based diet, which provides a decent source of protein and other nutrients that humans need to survive. Yet, the majority has turned to vegetarian or vegan diets and feel great about it.

Reasons for going vegan or vegetarian vary. It could be to improve one's health, to save money, to be more environmentally friendly or because they feel eating animal products causes more or less pain.

According to www.vagus.com, going on a vegetarian or vegan diet is healthier and helps ward off disease. It can help treat and reverse heart disease and reduce the risk of cancer. It is also an effective way to stop the progression of coronary artery disease and it can also help control and keep stable diabetes. Often, a standard diet as high in saturated fats, processed food and refined grains that by switching to a vegetable based diet, you can

Here's the good news: Japanese, on average, have the longest life expectancy in the world because they have a lower calorie diet of fruits and vegetables rich with fiber, soy and rice, complex carbohydrates along with regular exercise and a few stress-busters.

The new idea used by going against the wind is to use wind power to generate electricity and help reduce pollution. The most industry has a huge devastating impact on the environment. According to the U.S. Environmental Protection Agency (EPA) annual waste and chemical waste from factory farms are responsible for more than 775,000 tons of polluted rivers and streams and is one of the most threats to our environment.

Not making meat also saves animals from painful deaths. About 10 billion animals are put to slaughter each year for human consumption. Nowadays, most animals are crammed into cages where there is limited space and are fed food laced with pesticides and antibiotics.

Billy Chavis, a leader at Starbucks in Uptown Charlotte, and she originally went vegan for the sake of trying it. But after eating a vegan diet her reasons for being vegan changed. "It better for the animals, the environment, and me. And it's healthy."

She said while young women are in the university, if a life style much living and after eight years, she can't see her self not being a woman.

The venue itself may seem like it would be restrictive, but it's not according to Charley. "We used getting proteins isn't difficult to do, but getting H2O in H2O is a important goal, not that you would be aware."

A lack of Vit C can cause nerve or brain damage. "Vit C can be found in bottled cereals, most meat products or other fortified products like my milk," said Chatter.

Not only is a vegan diet not restrictive, it doesn't have to be expensive. In some vegetables, nuts, grains and legumes are reasonably priced and cooking from scratch is cheap.

Charters and Vegetarianism is a great handbook for beginners that includes basic cooking information and lists of recipes.

Although Artillery Cards has been responsible for our power, she still enjoys being a power.

when I make veggie meals I just go on the First Food Kitchen (FFK) website and find recipes I want to try to make. I post out the pay for the recipe and put them in my binder so I don't lose them. Wendy said

She told the men a trick to cook an omelette, such as making three omelettes more than any other man. "I love the peanut butter chocolate gelato the most, but the second peanut butter cookie was really good too."

"One reason I decided to become a vegetarian is because I think it's unfair to animals to kill and eat them. They don't get a say in whether or not we take their lives away, and that's wrong."



Abstract

Valley Director: 1. Structures include, such as regions, national councils or
two (and several of the other on line.)

superior animals deserve
these things too." (Cicero, *De Officiis*)

Another reason the new wagon was because he badly deserved better. She remarked about reading an article on the National Geographic vehicle in 2000 about how much less effective it was for the government. Companies have gotten smaller and a self one both are too big for me. I distinguished part, what is why so many people have to work.

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and actually lost some weight after about six months "Gardner

Both Quarry and Grady agree that Club Pyma, located at 114 Cherokee St. W. Killebrew, is a great venue restaurant to go to. Grady also named Three Junes Bar, located at 180-191 King St. in Wabasha, as a good venue only.

For more information go to <http://www.cdc.edu/indact>, Services/Health Services/Health Education/activities, & setting, once you have a working laptop.

Winter is a time for some tantalizing tea

[illegible]

As winter begins to show its cold, dark face many people start to search for some way to warm up, and stay alert. It seems probable a map of the way home runs handle this time of year is in the works.

According to the report, some tea leaves, which are used to create tea-plant extracts, contain a substance which may all help fill in the human body.

Different variations of the existing different units exist in different quantities. According to manufacturers, while ten sufficient to most individuals, goes to some as second and previous place third. The class Mark two really heart is on the

Canadian living costs, say the respondents and witness, are too high many health benefits. The witness (H. Gould)

some cases can help strengthen your immune system, and vitamin D, which can also be found in fish, helps to build strong bones.

One kind of antioxidant called catechins can be found primarily in green tea but is also found in low doses in black teas as well. These antioxidants help reduce body fat by hindering the body's ability to break down fats and activating enzymes that help the body metabolize stored fats.

"Between Guller 23, at
Waterloo is a line of tea.
"You're supposed to drink a
teaspoon of water in a day, but as
long as you don't add any-
thing to your tea, it counts as
your water intake so I drink it
all the time," she said.

Drinking tea without any strong added to prohibit the best option. According to one German study, adding milk to black tea may actually weaken the health benefits that come. The



Amagata Yonder (Colorado), U.S. *slows*: all parts of the variegates, all collected at the Glenwood Canyon as shown in Colorado, see Note 16.

long-term business the problem is the small group like our village from doing their part consistently.

James Van Der Grinten

John Williamson, Cleveland, is a director of the Cleveland, in 1901, and is a foreign member.

"The cold on the nose, and we have no different symptoms. Lots of people chose

less to stay warm. The events we have here are usually in the evening and most people want to avoid drinking coffee at night as they choose a sleepless night instead."

Keeping their eyes on the prize

Juried Exhibition recognizes Cambridge talent



Jose Lourenco, a woodworker at the David Howard Centre, won an award for one of his wooden vessels at the Juried Exhibition, held from Oct. 26 to Nov. 27 at the Cambridge Centre for the Arts.

PHOTO BY WENDY BAKER

COUNSELLOR'S CORNER: Dropping Out

"Do I really want to be here?" Many students, exhausted by workload, discouraged by borderline marks or unsure of program choice consider leaving college. Counsellors see many students who want out and help to figure later. There are things to consider when wanting to leave. Leaving may cause other problems. A sudden void is created in the student's life. Jobs are elusive. Contact is lost with school friends who form a natural community of support. Returning to school is a monumental task. It is a worthwhile dialogue.



Know the costs and consider all alternatives carefully. Consider options other than withdrawal from a program:

- Find out more about your program and the variety of possible jobs you can seek, through resources such as faculty and Career Services.
- Drop a course which is a shakable and pick it up later. Consult your instructor before considering default.
- Pick up a failed course through Continuing Education evening or summer classes.
- Discuss partial load with your co-ordinator or the program chair. Better to save a few thousand dollars.
- Apply for Peer Tutoring. The cost to the student is minimal and it helps.
- Consider transferring to another program within your school.
- Communicate with a peer or faculty with whom you are having difficulty.
- Ask for help from faculty or classmates.
- Seek temporary shelter if home has become unbearable. Continuing resources are listed in Counselling Services.
- See your doctor. A sudden decline in energy may indicate a treatable illness.
- Take off a day or two to deal with personal affairs if necessary.
- Take advantage of any or all service areas to assist you.

These and many other solutions have been explored by students with a counsellor. We can have to listen and help when you have run out of ideas. Most find they can get through with some support or leave, if necessary, with a plan for completing their education.

A Message from Counselling Services

BY WENDY BAKER

People are making good points without being disconnected, or even having their work displayed at a show. The Juried Exhibition in Cambridge is changing that, by allowing local artists to submit their work for display and professional critique.

The exhibition, in its 11th year, was started by a group of volunteers from the Cambridge Centre for the Arts, who hoped to assist artists in becoming well known and successful. The opening reception was held on Oct. 10 and the exhibition will be open to the public until Nov. 27.

Usually over 100 to 120 pieces of art are submitted every year, from people who live in Waterloo Region. But for the last five or six years, only artists from Cambridge have submitted their work.

"There are some people who submit work every year, but there are always new people who were not aware of the last year's work displayed," said Sophie McCreary, vice co-ordinator at the Cambridge Centre for the Arts. "It's not always the most new people, but there are those that we recognize."

The volunteers at the centre believe there is a lot of great talent in Cambridge, but only a certain amount of space to display it. This year, profes-

sor Doug Krizan from the University of Waterloo acted as guest person, working on it for the last week.

Jose Lourenco, a woodworker at the David Howard Centre, which is next to the arts centre on Dickson Street, was one of the prize winners. Lourenco mostly carves vases and tables, but had never submitted his work to an exhibition before, or even let his family look at his work. His colleagues saw one of his wooden vases and encouraged him to submit it to this year's exhibition. Lourenco was stunned to find out he won an award and felt he accomplished something huge.

"I am really happy and proud that I submitted my work," said Lourenco. "I don't know if I'll submit again, but I'm going to continue creating vases."

The arts centre plans to continue the exhibition for many years. It even has a children's showcase, because the volunteers think that a lot of people don't think of the depth of talent that actually exists in Cambridge.

The exhibition has no restrictions, allowing amateur, professional artists and children to enter. In 2006 a 10-year-old girl was an award for a painting she submitted.

"There's no age limit on talent," said McCreary. "This is what pushes artists to work even harder."

KEEPING IT HOT IN NOVEMBER



PHOTO BY WENDY BAKER

Photography studio at Ryan Clark does a short video. Table, in two-position, needed 25°C on Nov. 22.

Save your pennies at Christmas

BY JENNIFER LAWRENCE

Every year around the time red and green lights flicker in store windows, while shoppers busily march from store to store looking into their pockets but drooping their heads, the Christmas displays lining a student avenue like the ones the puggs have is not changing as much as usual and thinking about Christmas may make your wallet feel more like a feather.

This year my own parents in carrying more school books than money on buying Christmas presents is going to be quite difficult. I want to give something to my family, my boyfriend, his family, my friends and even my dog. I have been searching the stores on how to spend my money wisely and maybe still have a little for a large glass of house-iced apple sauce, and there are what I have come up with.

Tip 1: Try to take your money this year.

1. **Given as a group.** If you can get your friends or family to all go on one gift. You will be able to give a large gift with a shared price tag.

2. **Groups.** This website, like many other student discount web sites, gives you discounts and daily deals that allow you

to purchase something at a large discounted price. You can find the link up to your smartphone, which will make your transactions an effortless deal that you can instantly purchase using a credit card that will the first print—most items have an expiry date.

3. **Online deals is the line.** Most people don't realize that many stores offer last year's items, pricing if you buy online rather than in-store. It also helps you skip the lines and browse at your leisure. With a student purchase most websites offer free shipping or you can pick your purchases up at a predetermined store location. A great example of this is Chapters. Their website has chapters outlets, but a purchase of \$50 or more will get you 10-20 per cent off the in-store price.

4. **Gift cards.** This can be anything from retailers and phone-related items to food-related presents. Third parties of the bus and get your hands dirty on some places and products.

5. **Change the date.** Most people expect to see a collection of people looking out from under the tree on Dec. 25. Celebrating Christmas means you can get the same things at a much better price. Try to convince your



Buying in a student's budget and buying last year's presents for your loved ones do not go hand in hand, but there are plenty of ways to satisfy your gift-giving needs without emptying your wallet.

loved ones that shopping a few hours could save more for them. 6. **Check the border and cross-off your list.**

Black Friday is a holiday that comes after the U.S. Thanksgiving and is very popular in Shopping Day. This year it's Nov. 23. With Canada's Customs, the amount of goods we can bring back limits it. Shopping on the 1/2 for 24 hours from 10:00 to 10:00, you have the chance to take a main tradition and get some crazy deals on everything from electronics to clothing.

7. **Gift it.** If you have a points card, cash them in. Or, if you are

a student, there is a discount card called Student Power Card or SP+. For a low price of \$15, with two you can get discounts at over 500 stores by just flashing the card.

8. **LOL!**

If an upcoming event is arrived at happening sometime next year and the tickets aren't as high, just give them away. It's a nice little extra money that you will be taking your loved ones on a night out so you'll allow you to even up and pay for it later so all your money isn't leaving all at once.

9. **The match game.** With many stores having how their price match other

stores offers, taking the time to do through the store and check-out the better deal allows you to get the best price while not wasting you by driving all over town.

10. **Gifts, it's a secret.** Secret Santa is a perfect way to get a group of friends or a larger family to decide to purchase a single gift the only time, instead of the group rather than getting a gift for every single person. This way a price limit is set and you don't feel guilty for having to choose who to buy for. It also can be a great new tradition for your family or friends to start this year.

Wedding business makes dreams come true

BY JENNIFER LAWRENCE

From oversized chunky crystal brooches to a black tulle-style lacework which was given to be worn to a church wedding, Lori Karpow is known as an extravagant person and brings that sparkle in her business, Hollywood Weddings Inc.

With moments of meeting Karpow, a feeling of wonder envelops you. Her vibrant and bubbly personality is likely a contributing factor to her success as a business that provides events and intense pressure like a one-of-a-kind event filled with compliments, attention and radiant creativity.

Karpow graduated from the University of Western Ontario and is now a senior in visual display and store design. She has been in the event planning business for the last 10 years and is now a senior in visual display and store design.

"It was not in me," she said. "There were people actually looking for someone to stage weddings."

She accepted the offer, and after five hours of hard work

at the Times Square Club, the student product gave her a feeling of satisfaction like no other. Five years ago, she was asked to design a wedding for a friend. She was a visual merchandiser and did her first event on her own. After two years of work, she bought and planned her own wedding. Lori Karpow created Hollywood Weddings Inc. in 1997.

Karpow and she got her experience for design and decorations from everything around her. She considers a powerful quote that states, "A good designer studies nature and a good designer studies everything." She strives to be like that. She looks at everything to look at things as how they are, and imagine what they can be.

"I look around at everything and see possibilities," she said.

Although weddings are notorious for being out of the most sales of people, Karpow does not let the stress get to her.

"There have never been any bad experiences," Karpow said.

"Just challenging situations."

When Karpow was in her 20s, she had her mother to raise. She said the student helps her to know what to expect and remember that life is too short to stress about small things.

Karpow, who is also a stage and styling instructor for the visual merchandising program at Canisius College, and no matter what kind of event, there are always creative solutions to the problem. She believes nothing is detrimental to design. Over the past 15 years, Karpow has learned that even though there can be stress planning something, the best work is what you happen.

"The best things are born from disaster," she said.

Although the unexpected pressure can sometimes be overwhelming, the best part of the job is standing back and seeing the final details fall into place. She finds it inspiring and rewarding to help her clients create memories for people.

"The final product makes



PHOTO BY JENNIFER LAWRENCE

Creating an enchanting atmosphere for the most special day of someone's life is key for Lori Karpow of Hollywood Weddings Inc.

everything worth it."

Karpow and her husband are always busy throughout the year with the business, but have learned to never take on more than they can handle.

"Details have to be looked after so no more back me than our capacity," she said.

Couples generally come in on to spend much before the day of the event and together they brainstorm and share inspiration.

According to Karpow, Hollywood Weddings Inc. like many independent businesses, took a total five to seven years to become successful.

"When you see some money in your bank account, that's when you know you're good," she said.

Karpow said her career did not turn out the way she had planned.

"It's more than I could have ever imagined."

Better to be safe than sorry in the workplace

BY GREG WHELAN

Knowing your workplace safety rights can save you from losing a limb or even your life.

In 2005, 1,014 people died working on the job in Canada, according to the *Association Workers' Compensation Boards of Canada (AWCBC)*. The highest number of those fatalities occurred in Ontario, which accounted for about 38 per cent of those deaths.

The three most dangerous work industries were construction, manufacturing and other industries, according to a 1997 article in *Age* that looked at the boards' fatal deaths between 2000 and 2002.

Again, Ontario had the highest fatalities in each of those industries during that time span.

At Conestoga College, which offers courses in three types of industrial safety is something that is of high import.

"We have high-tech areas like the machine shop and the woodworking. You could imagine the hazards that are present in manufacturing along with those machines, what kind of injuries can happen if the proper procedures aren't followed," said Conestoga College's Health and Safety officer, John Anderson.

Which is why Greg White, chair of Conestoga's trade and apprenticeship program and co-chair of Waterloo's Health and Safety Committee, puts a high importance on building safety courses for trades and



Gary Porter, a woodworking student, wears safety glasses while working in the woodworking shop at Conestoga College in Nov. 12.

apprenticeship students who work with a lot of tools and machinery.

"We spent a lot of time installing safety in these labs because it's an industry where you can get killed very quickly," he said. "There's going out of the lab with more safety skills at the expense of some vocational skills, but if I had to balance the two, I'd rather have it higher on the safety side."

"We teach a dangerous work-

ing environment if you're not careful."

However, White said he is proud of the program's safety record, which has very few cases where students lost school time. He said students do happen, "but we haven't had anyone lose a limb or a finger in the machining area."

"I'm a machinist by trade and I will have all my fingers, so I'm proud of that," said White.

Anderson said it's important that Conestoga College graduates heading into the workplace are trained in an effective safety program.

"The first reason for that is to keep everybody safe. The second reason is our reputation in the community," he said. "It reflects on all of us."

While encouraging students and employees to fill out accident reports, even if some of those accidents

involve minor scrapes, holes or bruising.

"If it is something we could correct, it allows us to prevent a minor accident one day becoming a major accident the next," he said. "Sometimes it's a great teachable moment."

Those lessons become very useful in the workplace.

According to the Ontario Ministry of Labour website, an average of about 60 young workers in Ontario under the age of 40 are injured or killed on the job every day.

Workers have the right to be informed about the hazards and how they can stay safe, even if that means having to refuse unsafe work from their employers, which is part of the Occupational Health and Safety Act (OHSA).

For those who are worried about losing their job over standing up for their own protection, the Ontario Ministry of Labour website states that it is illegal for an employer to penalize a worker for doing so.

"If you feel you have been punished (such as being fired, not being without pay or having your work hours cut significantly), you may report this to the Ministry of Labour."

However, the right to refuse unsafe work has its exceptions. Some workers' duties involve working in dangerous situations as part of their job description, such as police officers, firefighters and some military personnel.

For more information about safety and rights in the workplace, visit the Ontario Ministry of Labour's website at www.labour.gov.on.ca.

Getting bigger and better

50 volunteers help with Random Act event

4000-0001

The first year Conestoga participated in the event was very low-key, with only two or five volunteers handing out papers and business cards (despite its small size). Conestoga used the response as a measure from students was huge.

"Students were so eager about doing this, so we had to be careful to manage it," he said.

The next year, Conestoga joined forces with the Regional Random Act of Randomness Day Committee and RAR Day took off at the school.

"We've just continued to make it bigger and better," Connell said.

This year, there were about 50 student volunteers, who

were all Report response letters during the Random Campaign.

The event was celebrated as a random take to other campuses as well, including Waterloo, Guelph and Cambridge, where students signed a banner and volunteers handed out candy and cards.

RAR Day was also a trending topic on Twitter — students were tweeting about it using RAR day and saying what random act they did for someone, or something that had been done for them.

A couple of campus services at St. Mary's participated. Camp and Career Services gave out free coffee, CSE 260-260 had free black and white photocopies,

and the library waved all late fees.

Erin Loney, one of the volunteers helping at St. Mary's, said the positive feedback from students was great.

"Not many people would think of doing these random acts of kindness on a regular basis, but I think with all these activities going on, people will consider doing it more," she said.

The Report Day team is the largest volunteer committee at the college, consisting of over 100 student volunteers.

They are recruiting new members to volunteer on approximately 100 in January. To get involved, visit a Student Life office, located at Avington across from Tim Hortons.



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Second-year pre-service firefighter student David Sorensen helps out at the Nov. 7 fundraising bazaar his class organized to raise money for the Sunshine Foundation.

'FALL'ING FOR THE SEASON

PHOTO BY ELLAN BUCKNER

Right, Justin Mathew, 16, takes advantage of an increasingly cool day on day on the jolly afternoon in St. Adrien Park near his home in Rivest.

PHOTO BY KIMMY CHAMBERLIN

Before a Conestoga College student celebrates a victory last day, with temperatures reaching 15 C in New 10. Temperatures are expected to range from 5 C to 8 C this week.



Spreading some sunshine

Pre-service firefighter students raise money for foundation

BY BEILA MACPHERSON

As a child, you probably visited fire stations — one thing is for sure: they have been a proper, or that iconic red car or at least your favorite hockey player.

For kids with limited if access these days can come time with help from agencies (some work as the Children's Mission Work Foundation or Sunshine Foundation of Canada, but the funding needs to come from somewhere.

That's where Conestoga's annual fundraiser for pre-service firefighter students come in.

Back at the time September, the program holds a fundraising event to raise money for the Sunshine Foundation so they can fill in a surplus that will take care of donated kids to provide them.

Colleen Murray partnered with the foundation and coordinated the Danny Place in memory of her son, Daniel.

"In the Danny Place 10 kids with health conditions will be flown down to Danny for a day, as well as 1000 the terminal water of 10 kids and their families to go with them, they want to go," said Murray, a fitness instructor at Conestoga College.

"During the time my son was sick we had the opportunity to go to a work, put up the Sunshine Foundation, so

that my son could see Father's House and Conestoga." Daniel died when he was only four years old from a rare disease called neuroblastoma.

According to kids' health, neuroblastoma is a rare type of cancer that occurs in children and adults caused by an excessive growth of nerve cells, usually around the side and glands.

Murray said it will cost about \$500,000 for the fight to victory.

According to Veterans Memorial, a critical situation pre-service firefighter students, at least 15 per cent of these people, from fundraising events given toward the Danny Place.

"We have a banquet at the end of our program, and that's a very emotional event to see the money that we raise toward that and everything else and share going to the Sunshine Foundation," Murray said.

She also said these programs will be holding a hand drive at the St. Adrien Farmers' Market at the end of September and another one on Nov. 6 in the Student Centre on Ottawa Street and Parker Hallway.

"We're planning to make it a big deal. We want to give Colleen and the Sunshine Foundation a beautiful huge cheque when we graduate of the end of May," said Murray.



CONESTOGA COLLEGE

"We're doing a survey, and we're giving away over

CONESTOGA COLLEGE

\$500 in PRIZES

CCL, in cooperation with Student Affairs at Conestoga is sending out a survey to full-time students to get your feedback on the recreation facilities and focus at Conestoga. We're giving away some great prizes to those who take about 5 minutes to fill it out, so make sure you do! Watch your Conestoga email about for your invitation to take November.

TO ENTER
watch your Conestoga email for our
RECREATION CENTRE SURVEY

Check out prizes: Recreation Centre

NOVEMBER 22ND - DECEMBER 7TH

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